

YOGA

Fall 2014 Classes

Adult Hatha Yoga—all levels

Lori Card has been teaching yoga in Holderness for over three years now. She has a wonderful personality and truly enjoys sharing yoga with us. Hatha is a more relaxed, moderate-paced practice that includes breathing and meditation exercises; emphasizes breathing, strength and flexibility.

Classes are held on Wednesday evenings 5:30-6:45 and Tuesday & Thursday mornings 9–10:15. Classes are ongoing. A punch card for 6 classes is \$60 or \$12 drop in.

Fall Inspiration

to new and returning participants...purchase a 6-class punch card, complete it in the month of April and receive a pass to a class for you or a friend.

**CLASSES ARE HELD
AT HOLDERNESS
TOWN HALL.**

More information? Visit www.holderness-nh.gov, email recreation@holderness-nh.gov, or call 968-3700